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AUTHOR	Frydenberg, Erica
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ABSTRACT

Defining coping as the cognitive and behavioral strategies used to deal with the demands of everyday living, this book explores the research on how young people manage a range of life problems. Following an introduction discussing the particular aspects of adolescent coping behavior, motivation, and attitudes, the book is divided into eleven chapters: (1) "Adolescence: Stresses and Concerns"; (2) "What Is Coping?"; (3) "The Measure of Coping"; (4) "The Correlates of Coping: What Difference Does Temperament, Age or Self-Concept Make?"; (5) "So Boys and Girls Do It Differently: Gender and Coping"; (6) "Coping in the Family"; (7) "Social Support-The Upside and Downside"; (8) "Coping with Depression and Developing Resilience"; (9) "Who Are the Gifted and How Do They Cope?"; (10) "Learning to Cope"; and (11) "Where To From Here?" Contains 437 references. (AMC)

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